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1. REPORT DATE. Full publication date, including day, month, if available. Must cite at least the year and be Year 2000 compliant, e.g. 30-06-1998; xx-06-1998; xx-xx-1998.

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5a. CONTRACT NUMBER. Enter all contract numbers as they appear in the report, e.g. F33615-86-C-5169.

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8. PERFORMING ORGANIZATION REPORT NUMBER. Enter all unique alphanumeric report numbers assigned by the performing organization, e.g. BRL-1234; AFWL-TR-85-4017-Vol-21-PT-2.

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14. ABSTRACT. A brief (approximately 200 words) factual summary of the most significant information.

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SCHOOL of MEDICINE

Sharing Shedding a Light on Tobacco Use in the Air Force Technical Training

December 14, 2018

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Center for Addiction and Prevention Research
University of Virginia



Disclaimer

The views expressed are those of the presenters and do not reflect the official views or policy of the Department of Defense or its Components

The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 VFR 219 and DODI 3216.02_AFI 40-402.

The views of RJ Reynolds, ASC, Altria, Swisher Sweets, Logic, Zig Zag, Santa Fe Natural Tobacco Company, Sottera Inc., Vuse, Dutch Masters, Phillip Morris, Ozona, and Longhorn manufacturers are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. No federal endorsement of of RJ Reynolds, ASC, Altria, Swisher Sweets, Logic, Zig Zag, Santa Fe Natural Tobacco Company, Sottera Inc., Vuse, Dutch Masters, Phillip Morris, Ozona, and Longhorn manufacturers is intended.



Center for Addiction and Prevention Research (CAPR)



- **Military Population Health**

- **Personnel**

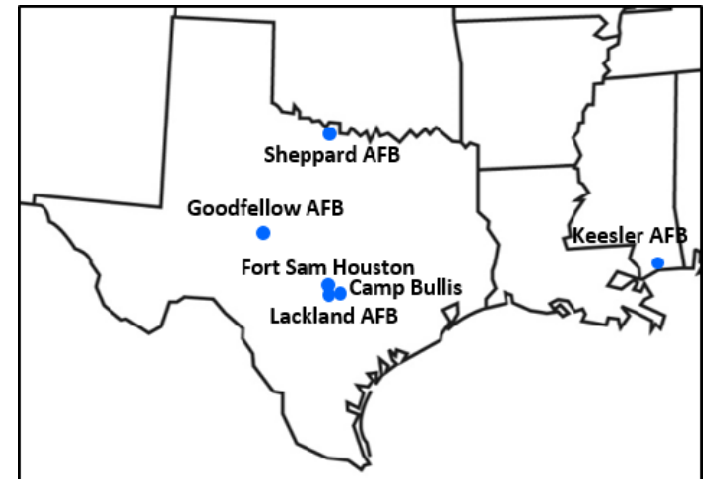
- 3 full-time faculty
 - 20 Staff

- **Funding**

- National Institutes of Health
 - DoD's Congressionally Directed Medical Research Program

- **Locations**

- Charlottesville, Lackland AFB, Goodfellow AFB, Sheppard AFB, Keesler AFB
 - Research Approved by DoD Institutional Review Board
 - Operate under Cooperative Research and Development Agreements with US Air Force





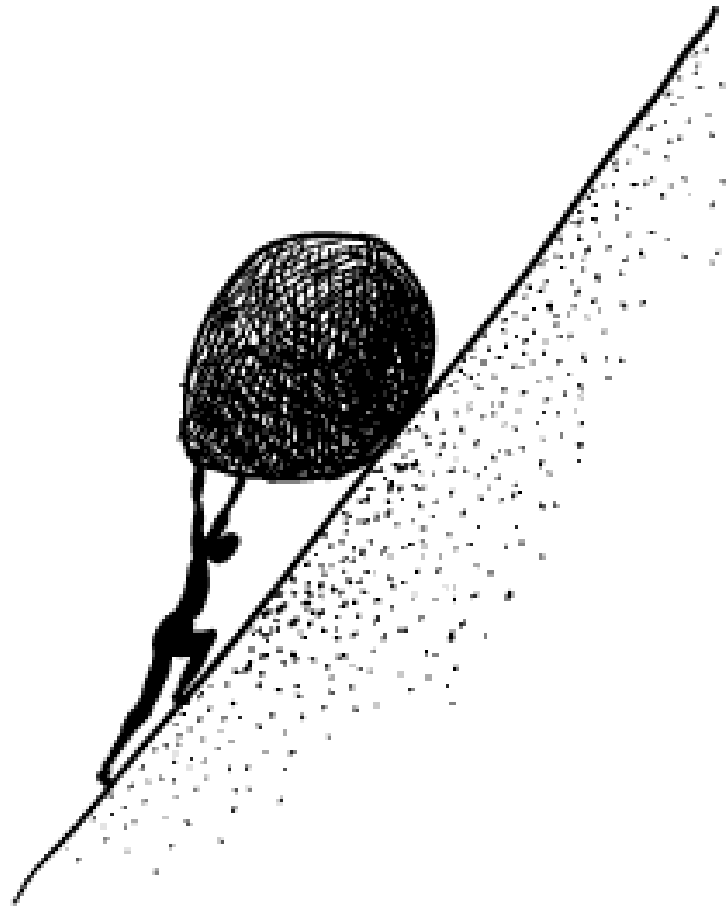
Why the Military?

- The US military is the nation's largest employer
 - 1.4 million active duty personnel
- Each year the DoD spends billions treating health behavior-related morbidity
- 250,000 individuals leave the military each year and rejoin the civilian sector
- U.S. military mission requires a fit and healthy force





Sisyphus: Health Behavior Change





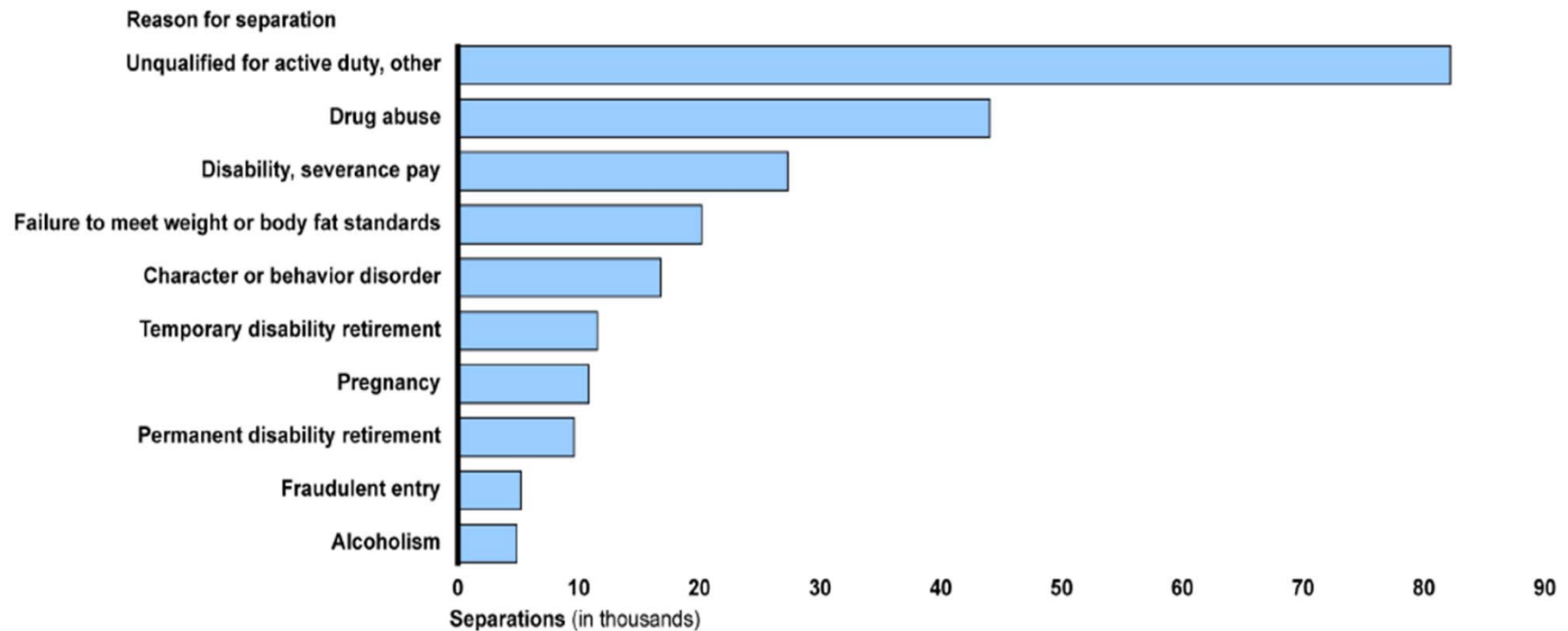
Military Service is a leap for many...





Lose 1/3rd of Enlistees before Initial Term of Service

Figure 7: Estimated Leading Overall Categories of Early Attrition for Enlistees for Fiscal Years 2005 through 2015



Source: GAO analysis of Defense Manpower Data Center (DMDC) data. | GAO-17-527

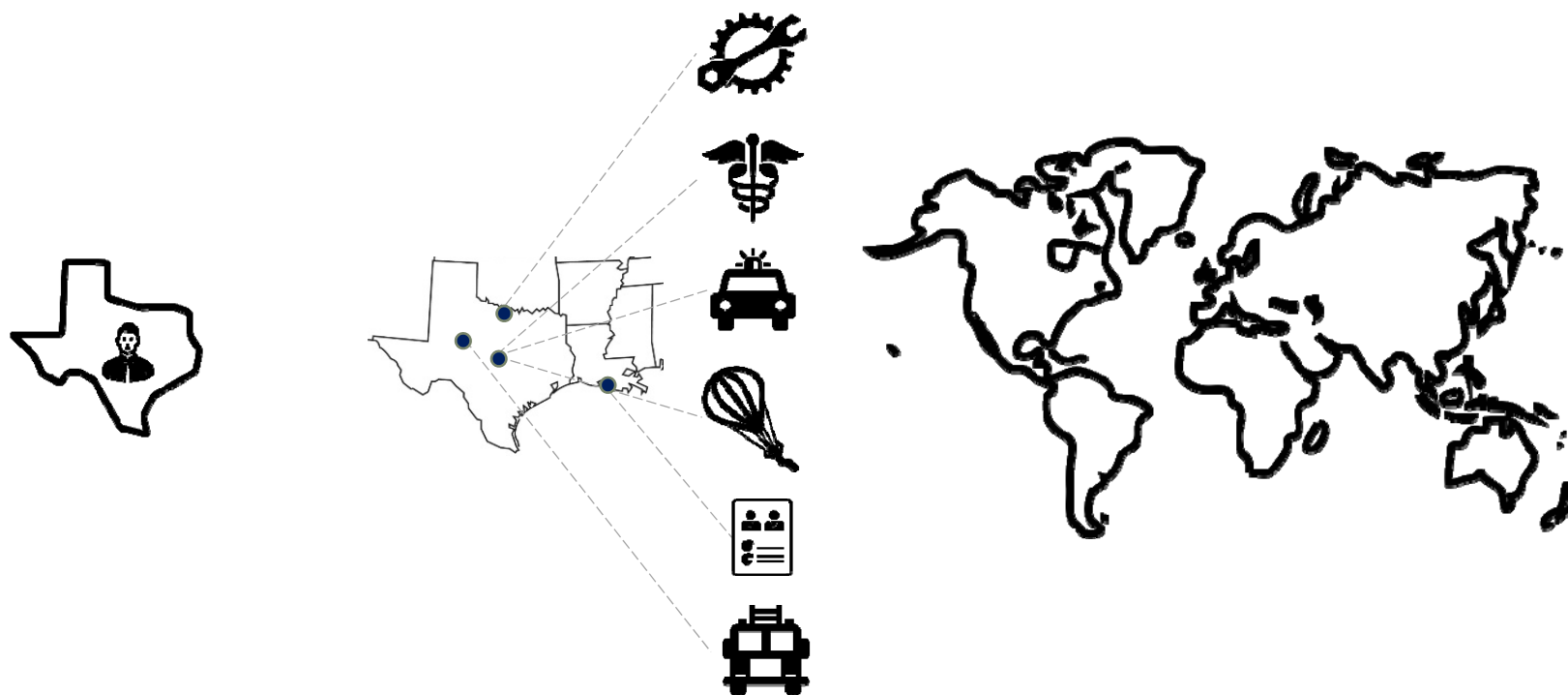


Top Health Risks for Airmen





Life of an Airman



Basic Military Training

Technical Training

First Duty Station



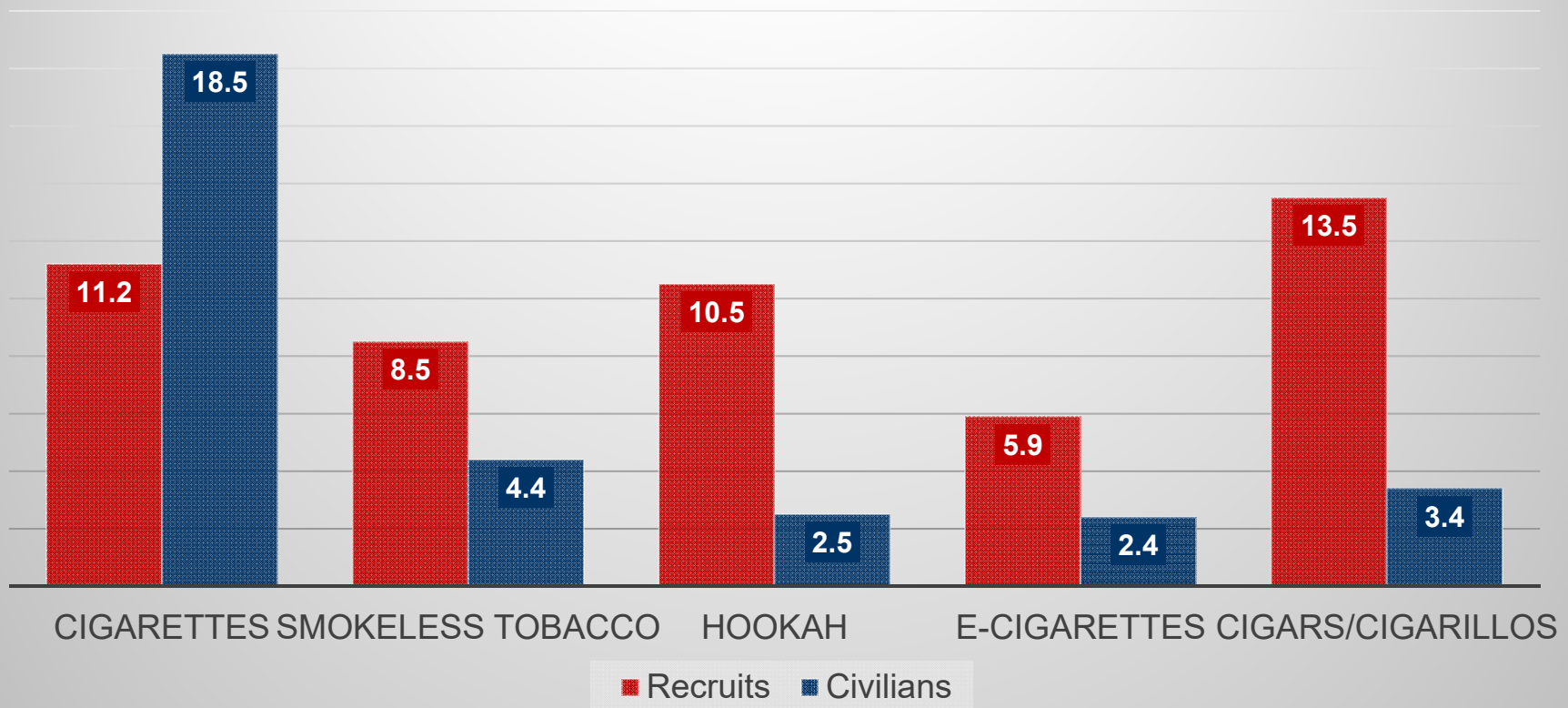
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Tobacco Use High Among AF Recruits

Comparison of AF Recruits and Civilians (18-24 yrs) Current Tobacco use by Product



(Agaku et al., 2014; Little et al., 2015)

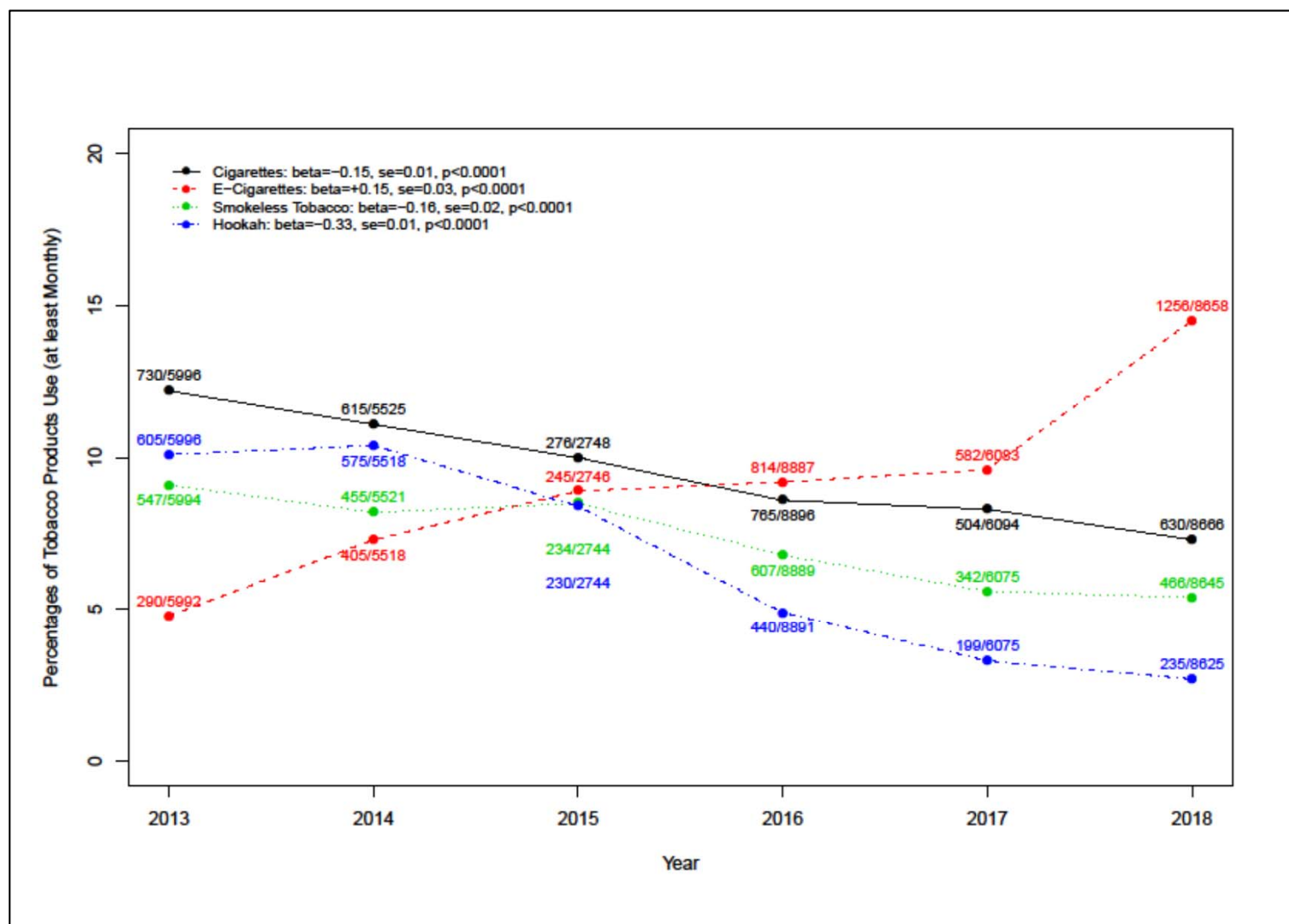
Little, M.A., Derefinko, K.J., Bursac, Z., Ebbert, J.O., Colvin, L., Talcott, G.W., Hryshko-Mullen, A.S., Richey, P.A., & Klesges, R.C. (2015). Prevalence and correlates of tobacco and nicotine containing products use in a sample of United States Air Force trainees. *Nicotine & Tobacco Research*, 18(4):416-423.



Air Force Tobacco Use Trends in New Airmen



SCHOOL of MEDICINE





Tobacco Use During Technical Training

Current Use of at least One Product at 1-year follow-up by baseline

Baseline	1-Year Follow-up			
	Not Use	Seldom Use	Current use of at least one product	Total
Never Use	1878 (77.0%)	314 (12.9%)	246 (10.1%)	2438 (53.1%)
Quit before BMT	107 (40.8%)	48 (18.3%)	107 (40.8%)	262 (5.7%)
Seldom Use	343 (47.1%)	192 (26.3%)	194 (26.6%)	729 (15.9%)
Current use of at least one product	237 (20.4%)	151 (13.0%)	776 (66.7%)	1164 (25.3%)
Total	2565 (55.8%)	705 (15.3%)	1323 (28.8%)	4593



Tobacco Outlet Density around Military Bases 2x Nat'l Average

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- Characterized number and density of tobacco retail outlets
- 175 military bases DoD-wide in 10 states
- **Results**
 - Average tobacco retail outlet density of military bases was 2.93 retailers per 1,000 population within 500 foot buffer zones



Myers AE, Morse D, Little MA, Klesges R, Talcott GW, Ribisl KM. (2017). The tobacco swamp lurking outside of the military base: Tobacco retail outlet density around U.S. military locations. *National Conference on Tobacco or Health*. March 22-24, 2017, Austin, TX.



Tobacco Prices Cheaper on Base

- Assessed tobacco retail environment both on and off 6 Technical Training bases in Texas and Mississippi in July 2016
- Results**
 - Prices cheaper on base at DoD retailers compared to off base retailers

Average Reported Price of Cigarettes and Other Tobacco Products by Air Force Base Status, 2016: \$USD

	Pack of Cigarettes			Other Tobacco Products	
	Cheapest Pack	Marlboro Red	Newport	Vuse ^a	Copenhagen ^b
Off base (N=66)	\$4.99 (n=55)	\$6.59 (n=58)	\$6.79 (n=56)	\$11.58 (n=25)	\$4.56 (n=41)
On base (N=25)	\$4.43 (n=19)	\$5.81 (n=18)	\$5.96 (n=19)	\$11.00 (n=12)	\$3.77 (n=19)
Price Difference	-0.56	-0.78	-0.83	-0.58	-0.79

Note: Reporting price(# of stores selling product); prices in \$USD; price includes sales tax and 5% commissary surcharge where applicable; ^a e-cigarette brand; ^b smokeless tobacco brand; AFB=Air Force Base;

Myers AE, Little MA, Kong AY, Klesges R, Vandegrift S, Cassidy D, Talcott W, Ribisl KM. (2017). Tobacco Product Price Disparities On- versus Off- US Air Force Technical Training Bases. *National Conference on Tobacco or Health*. March 22-24, 2017, Austin, TX.



Built Environment Study

- **Phase 1**
 - *Focus groups*
 - Military Training Leaders
 - Technical Training Instructors
 - Airmen in Technical Training
- **Phase 2**
 - *Surveys*
 - Military Training Leaders
 - Technical Training Instructors
 - Airmen in Technical Training
 - *Interviews w/Command Leadership*
 - *Assessments of the Tobacco Environment*
 - *Assessments of Policies*





PRELIMINARY PHASE 1 RESULTS



Culture of Tobacco in the Military

You will never see anyone celebrating it, like you never see someone in leadership being like, "Yes! Let's all pull up a chair and have a smoke break!" but if you ask them for a cigarette...

*-Military Training Leader
Keesler Air Force Base*



Culture of Tobacco in the Military

For me, I came from a ridiculous background. I had no idea what the Air Force was about. I just joined. My supervisor did not know how to communicate with me at all, but we did have the smoke pit in common. We would go out there. She would come, "Let's go take a smoke break. I can see that this is bothering you and we do not know how to talk about it. Let's go sit down and come to a mutual agreement over this cigarette." Then we just would squash it, leave it right out here.

*-Military Training Leader
Keesler Air Force Base*



Culture of Tobacco in the Military

I don't want to just add onto that statistic, that, "Oh, I'm military, I smoke."

-Technical Trainee (non-users)

Keesler Air Force Base



Culture of Tobacco in Technical Training

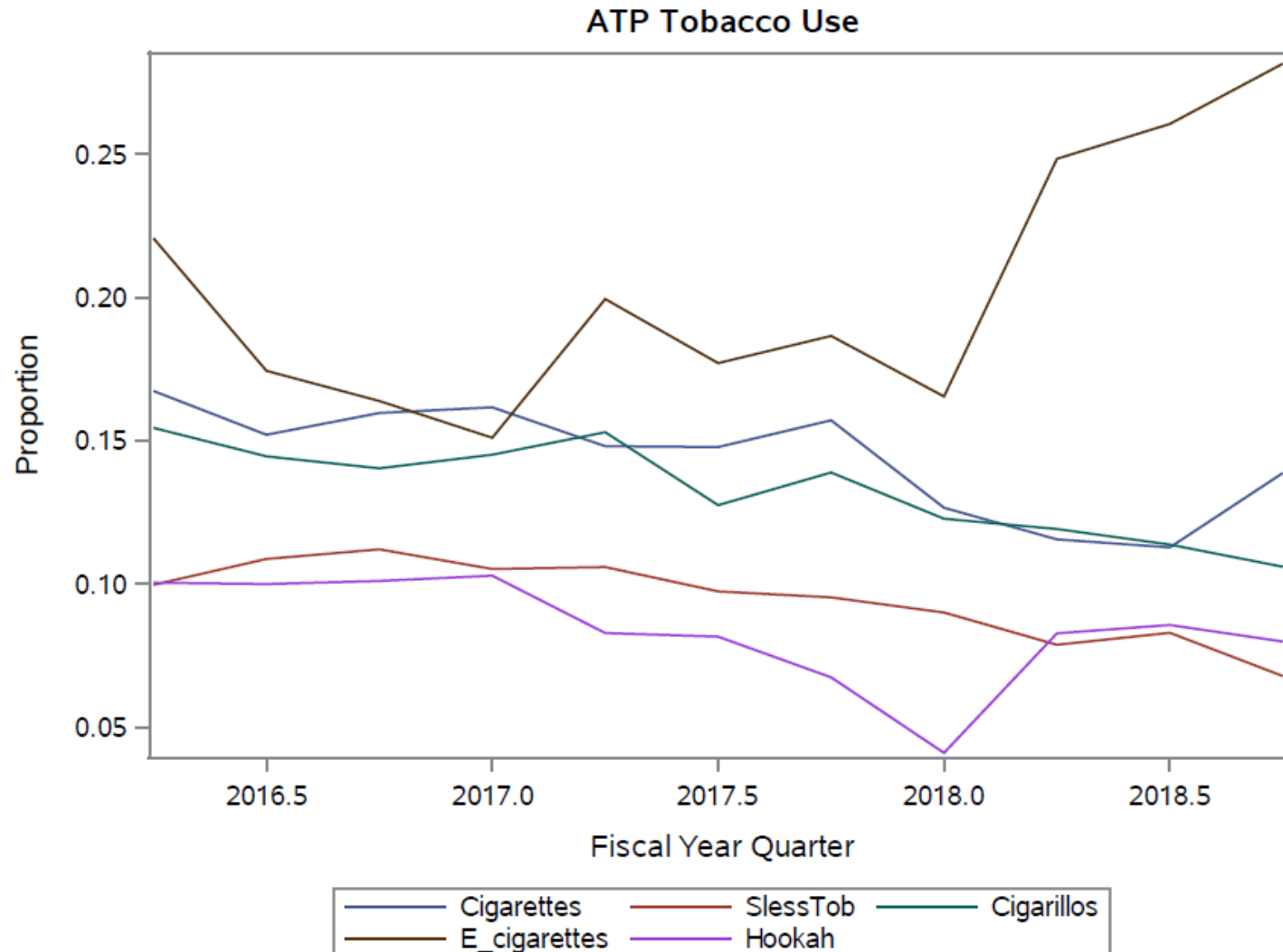
No, I did. I didn't plan on using it again and then I got to Sheppard Air Force Base.

-Technical Trainee (user)

Sheppard Air Force Base



The Rise of E-cigarettes





E-cigarettes in Technical Training

I think vaping and tech school are very much a trend together. Everyone that I heard coming out of Tech school was like, "Oh, yeah, when you go into Tech school, you'll come out vaping. It's just what everyone does." Coming in, vaping, you see a lot of people doing it and a lot of people investing a lot into it. I think starting, that trend was just the vibe of Tech school. Everyone comes in doing it or comes out doing it; it's just something that you do. I definitely think, especially a lot of the newer products, they're so high in nicotine and it's just so addictive, that that keeps it going.

*-Technical Trainee (non-users)
Keesler Air Force Base*



E-cigarettes are Highly Addictive

First time doing it again. I got mine shipped to me in the mail. I went from having no nicotine for two and a half months because I was in an Airmen's holdover, to then hitting 28 on my rig and I threw up. Then, I hit it right again. It was worth it.

*-Technical Trainee (user)
Keesler Air Force Base*



Social Acceptance

On that note, think about the brand new airmen that gets to their base. First time away from home. They don't know anybody, but when you go out to a smoke pit or you're going into an environment where people are smoking, you become that smoker or you are that smoker. All of a sudden, all that goes away. It really does. It — the same concept of it doesn't matter who you are. You could literally be — you could walk with someone that's smoking and you can ask, "Hey, can I have a cigarette or do you have a light?" And it's like that social acceptance and then you gave that little bonding moment right there where, "Oh, here you go man, I got you. I got your light."

*-Technical Training Instructor
Lackland Air Force Base*



Coping

It's a way that we cope with the loss of everything else and we're removing ourselves from that environment and also with that smoke or even the other tobacco use that we have or that we have utilized, it's a way to mentally kind of put yourself back in that mindset of home almost. I mean if you grew up around smoke, it puts you a little more at ease, not just with the nicotine aspect, but psychologically it has that effect. You know, it's something that you're familiar with. Just like when you're bonding with your team, you're around because it's something familiar. That's home to you. That's family. That's just another aspect of it.

*-Technical Training Instructor
Lackland Air Force Base*



The Rise of E-cigarettes

I think smoking's the same, but the toys have changed.

-Technical Training Instructor

Sheppard Air Force Base



The Wisdom of Pooh: Do Something Different



“Here is Edward Bear, coming downstairs now, bump, bump, bump... It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it...”

- A. A. Milne



Questions?

